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ABSTRACT

The second of eight related documents, this handbook is designed to help parents prepare their children for kindergarten. The large print, illustrated booklet can be shared aloud with children to explain some of the activities, games, and exercises. The booklet also includes suggestions for parents to prepare a child for kindergarten--including such matters as how to wash in a bathroom and dress alone--and to help a child develop language and motor skills. (HTH)

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KINDERGARTEN

HOW TO GET READY FOR THE MOST IMPORTANT YEAR OF SCHOOLING

PORTSMOUTH SCHOOL DEPT.

a parent-child handbook

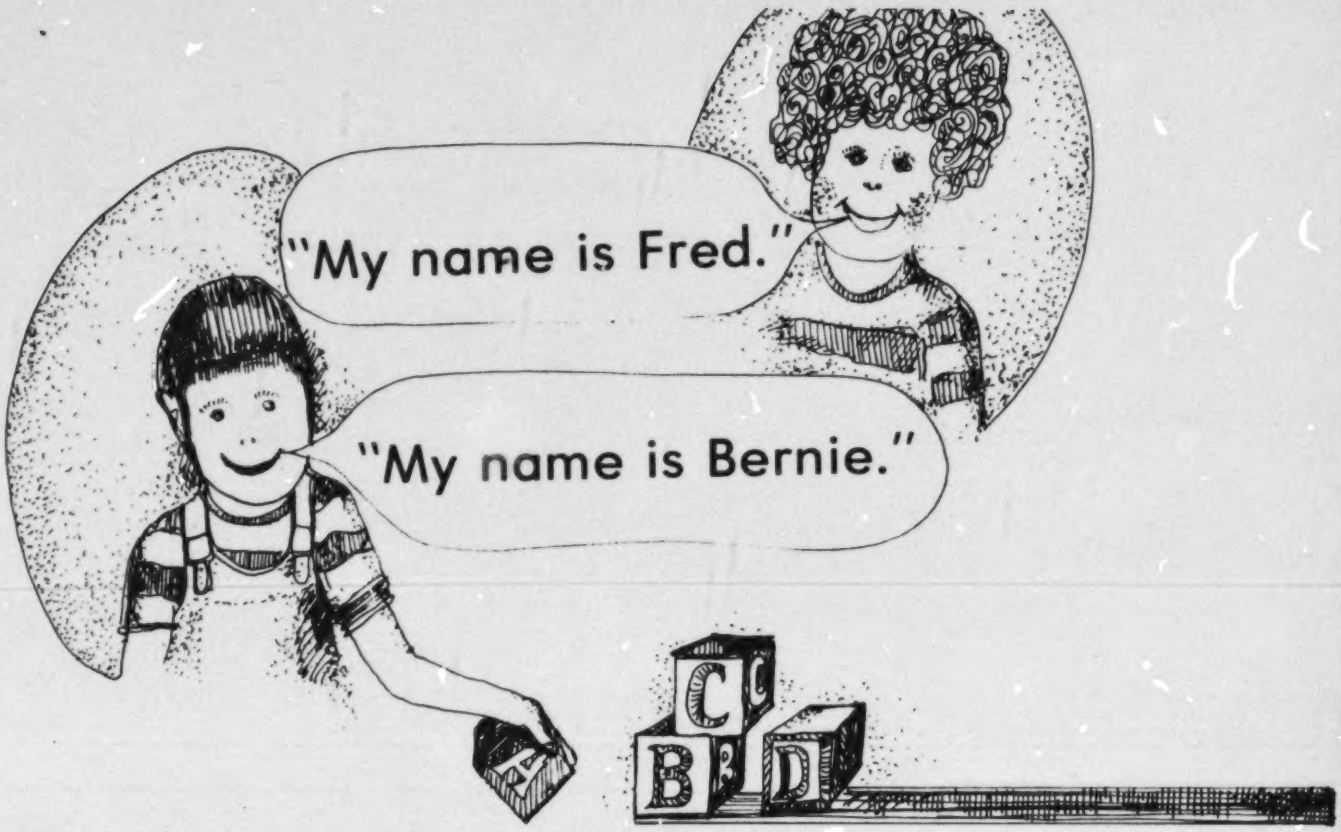
6/77

CS006973

What do you do in kindergarten?

You take turns, follow
directions, and you take
part in discussions and
activities.

You also share your
feelings. Wear a big smile,
be kind and cheerful while
you are in school.



In Kindergarten, we use capital letters at the beginning of your name. Lower case letters follow

1. Print capitals like this:

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

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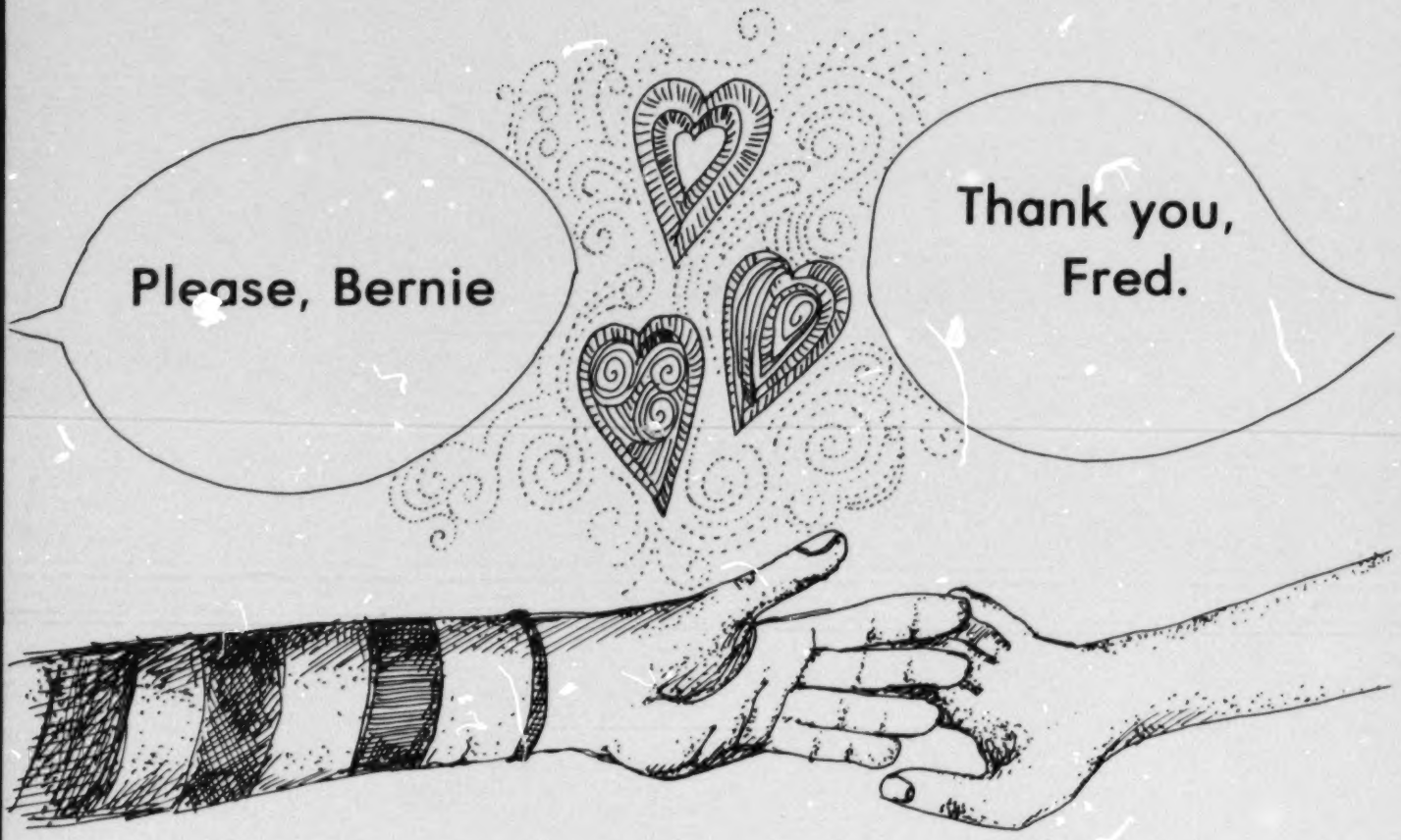
2. Print lower case like this:

a b c d e f g h i j k l m
n o p q r s t u v w x y z

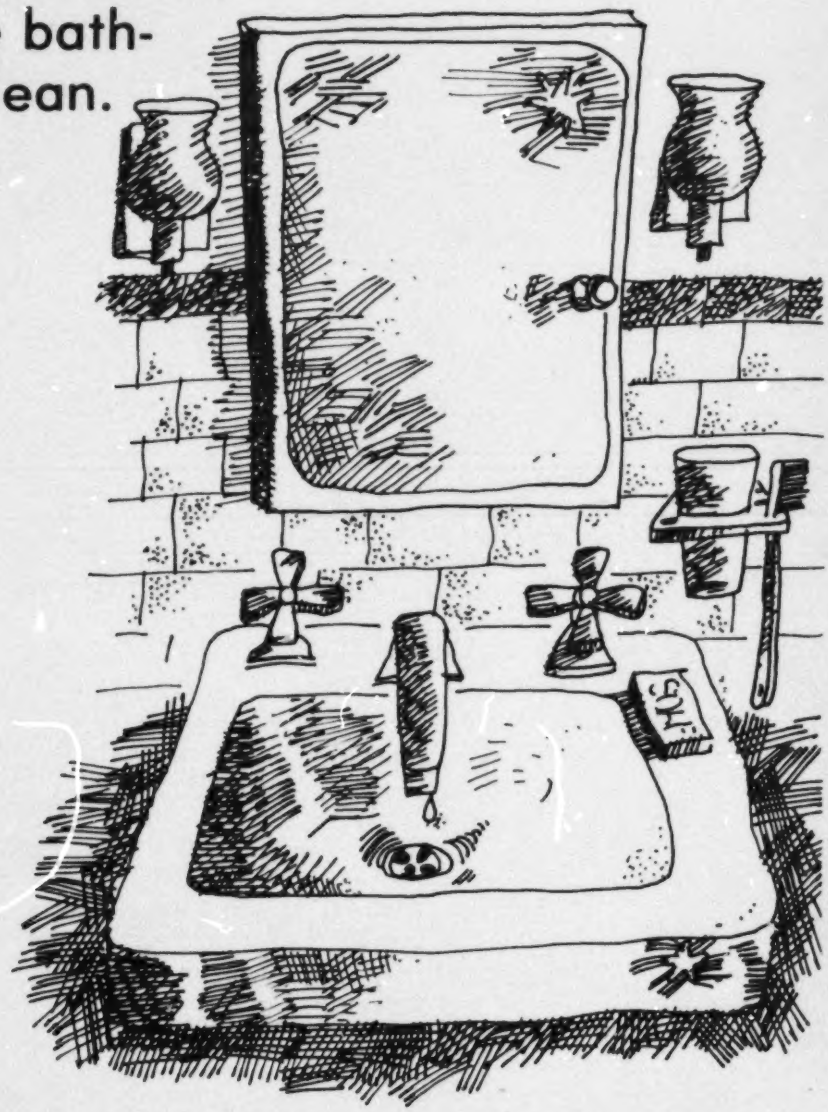
Print your name on this line.



Fred and Bernie practice saying Please and Thank You and even taking turns.

Kindness can really make you feel good about yourself.

But there's more!
They expect you to know
how to wash without making
a mess, to go to the bath-
room and leave it clean.



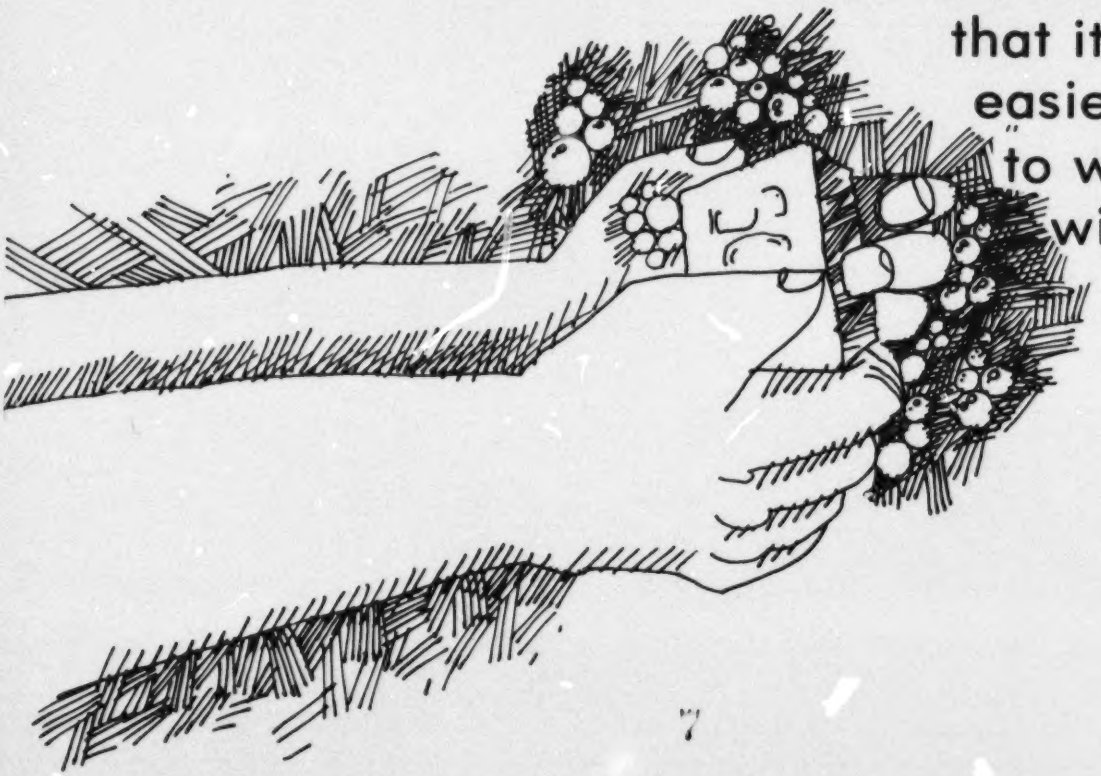
how to put your
boots on and take
them off, and to
dress yourself.

Be clean at school.
Washing is easy- -
you just follow these steps:

1. Wet your hands
2. Soap them
3. Wash or scrub
4. Rinse under water
5. Dry them
6. Put paper towel in waste basket

Boots can be tricky. You can put a plastic food bag over your shoe and they slide in as smooth as silk.

Fred and Bernie think that it would be easier for boys to wear pants with zippers.

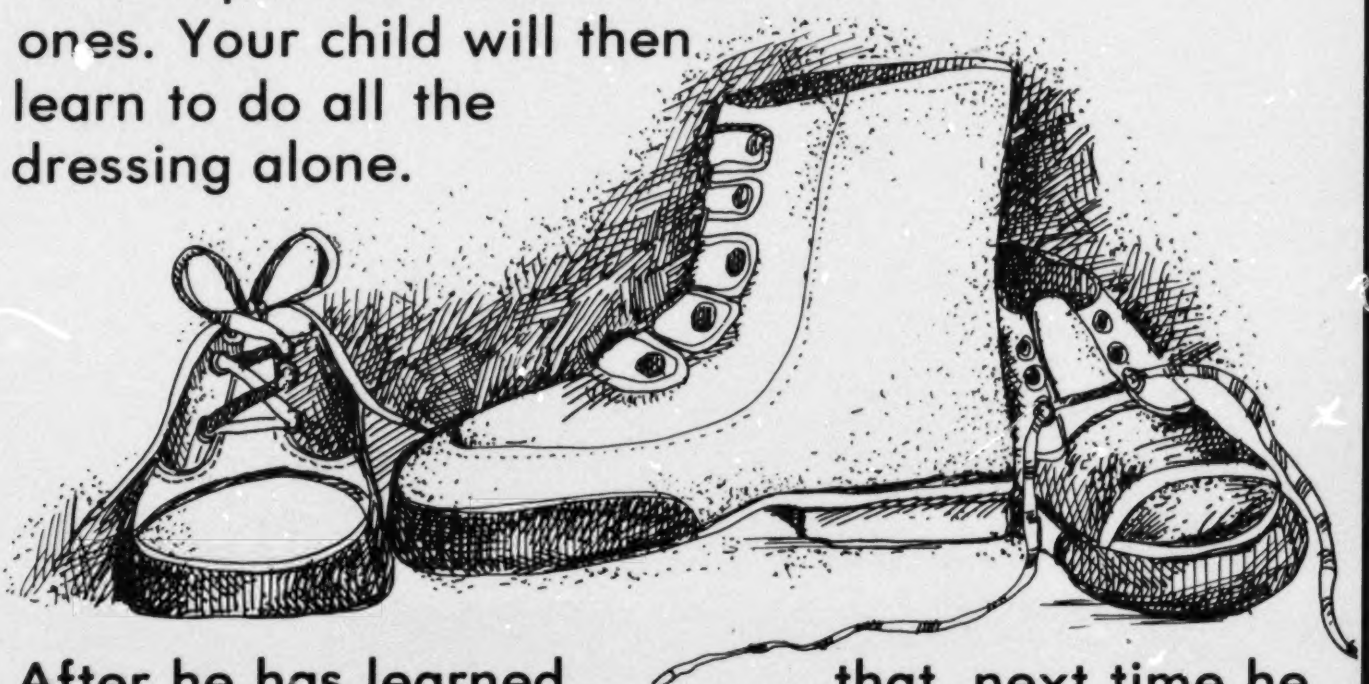


Can your child help himself or herself?

Here are some suggestions you may use to encourage your child to dress alone. Break each activity like dressing, zippering, buttoning, and tieing into smaller steps.

Let your child do the last step first. for instance, if you are teaching how to tie shoe laces, you do it all except the last step. Let your child pull the bows to tighten the knot.

The idea is to work backwards. You do the first steps and the child does the last ones. Your child will then learn to do all the dressing alone.



After he has learned that, next time he can pull the bow through the knot.

Self-Help Hints

1. Set out the clothes the child is to wear and allow sufficient time to dress himself.
   (Game) Leave out a garment and have the child guess what is missing.
   Gradually work up to the child choosing his own clothes.

2. When helping the child dress, point out the order in which these clothes are put on . . . undershirts before shirt, socks before shoes, coat on and buttoned or zippered before mittens and hat. Play game - what goes first?

3. Start by leaving off the last garment and allow the child to put it on by himself. Praise him.

4. Show the child his shoes set on the floor in the correct position to go on the correct feet.
   Idea: Make shoe mat for child's shoes.

5. Start zipper on the jacket, or push the button partly through the hole and encourage the child to finish. When accomplished, praise and encourage to try more.

6. Lay coat on floor or bed upside down and allow child to put arms in and flip coat over his head or lay coat on bed or chair and let the child back up to it.

7. In the process of teaching these skills, leave him for increasingly longer times to do these things for himself with frequent checks, guidelines and praise comments that describe what it is that he has done well.

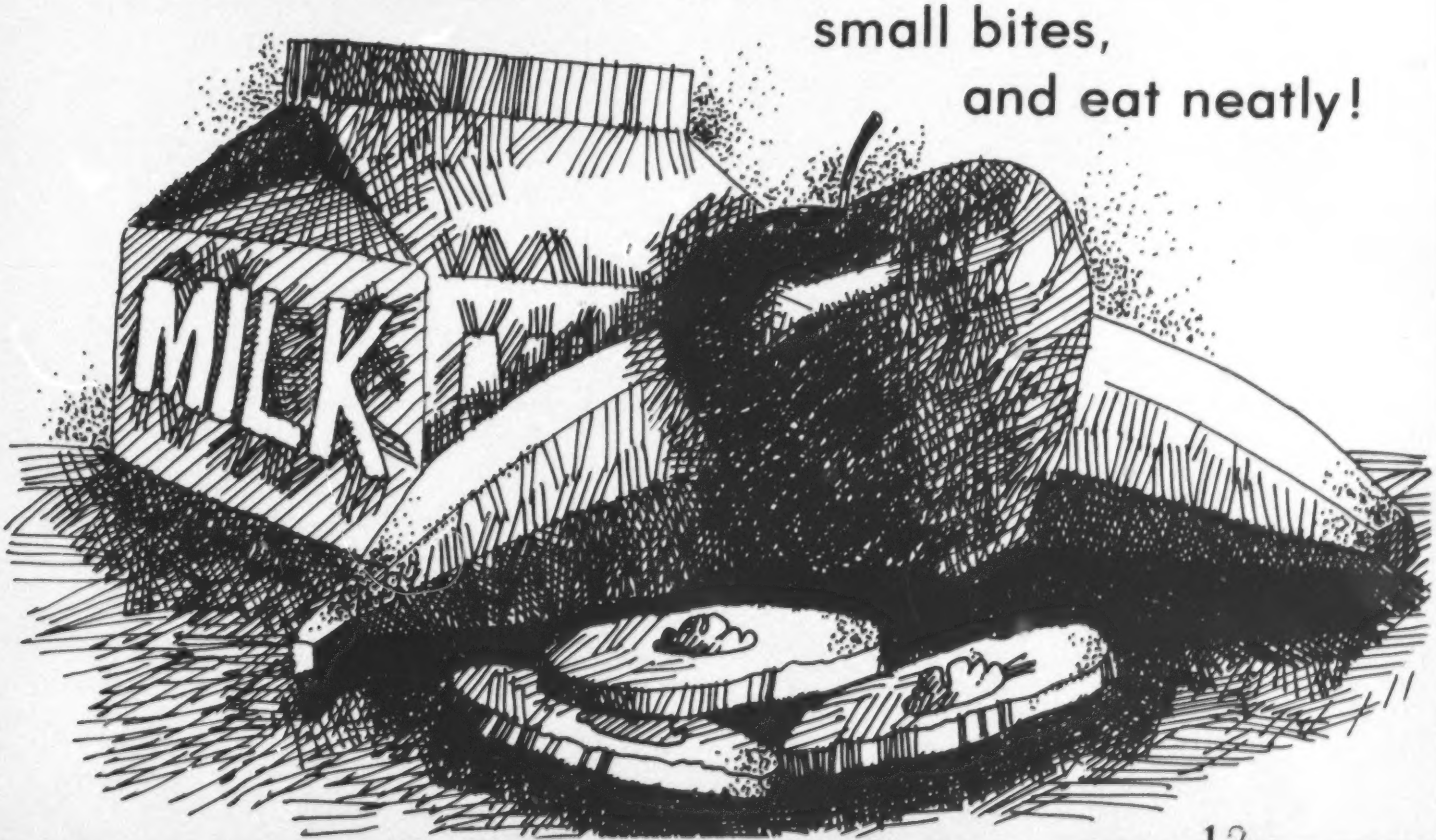
8. Label everything, even your child.

9. Everything has its own place.

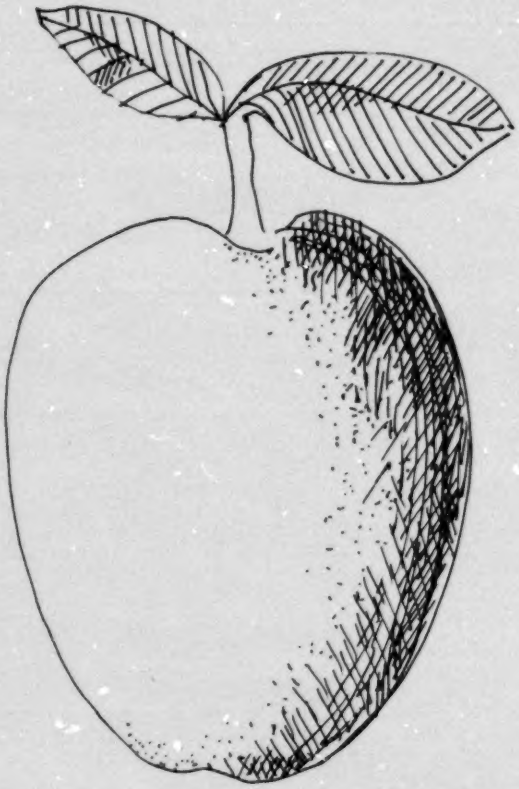
Don't bring a meal for a snack.
Now, about snack time — remember no gum, candy, or soda pop — it explodes when opened.

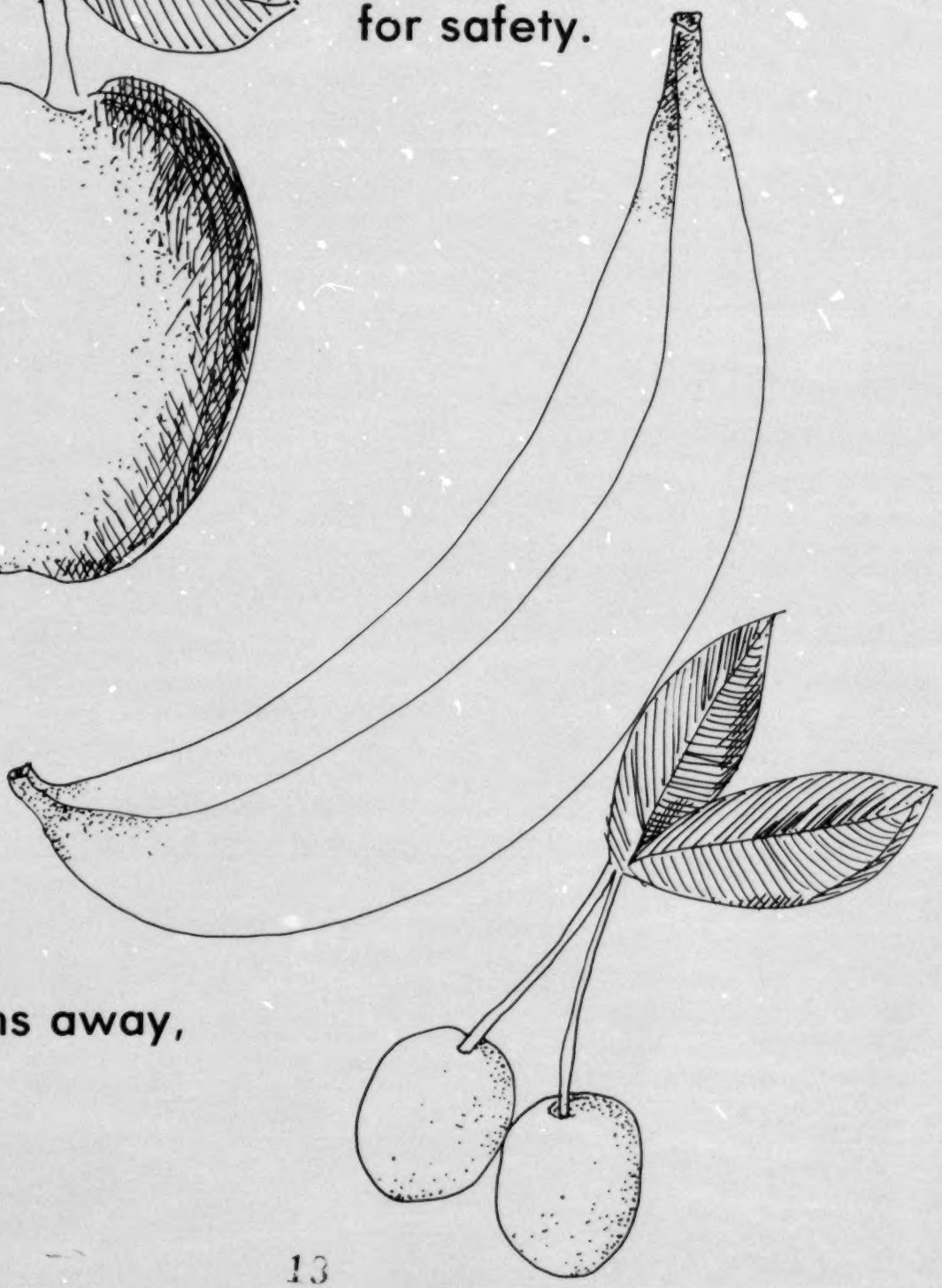
Healthy foods like fruit, vegetables, cereal, cookies or other fast eating finger food. Be sure to look at your health booklet for more ideas.

Sit still and have clean hands and a clean place. You can't slurp. Keep your mouth closed while you chew! Use a napkin. Practice at home, use your napkin, take small bites, and eat neatly!



Use crayons to color and scissors to cut out these tasty snacks. Throw scraps away and put scissors where they belong for safety.

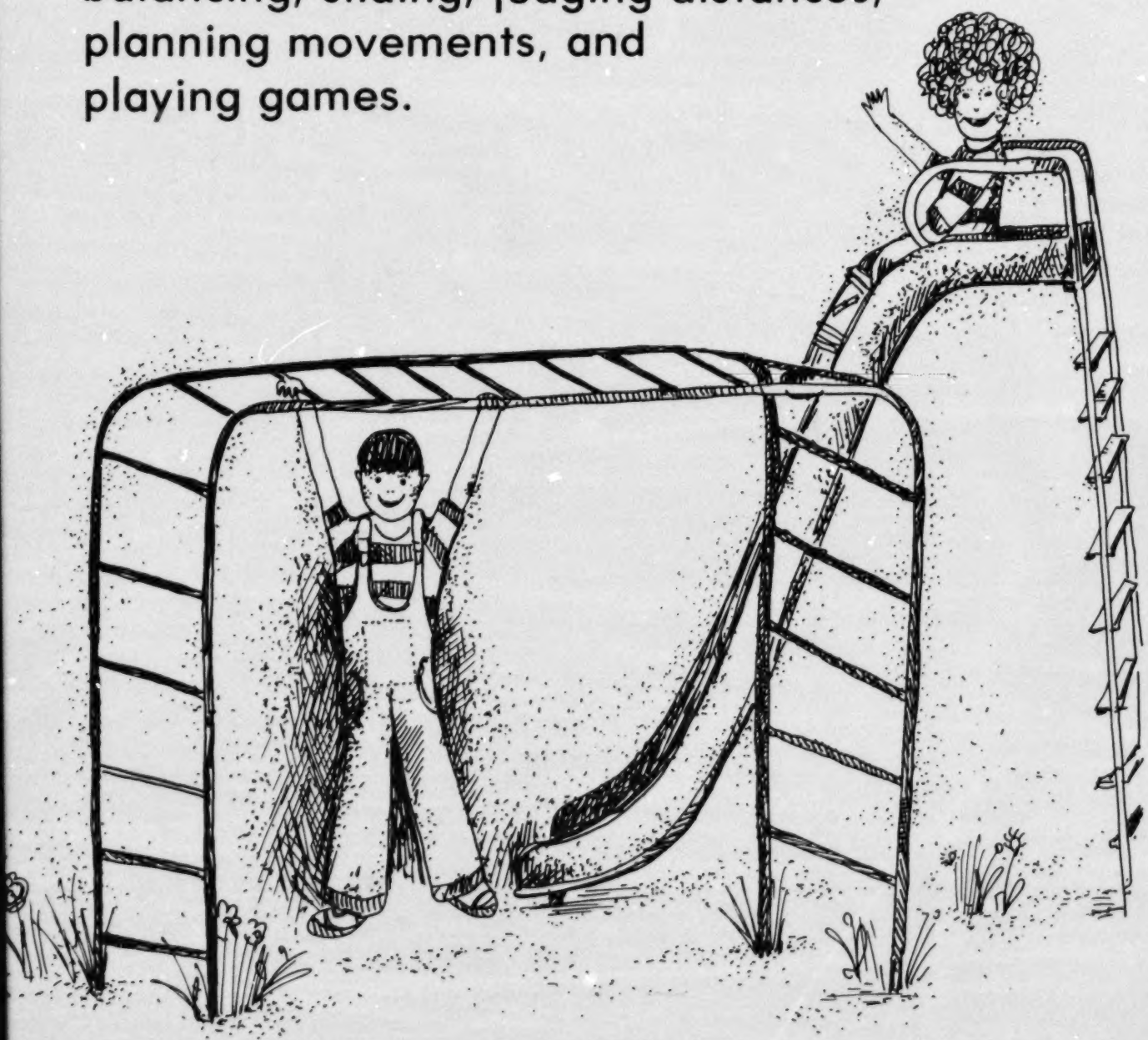




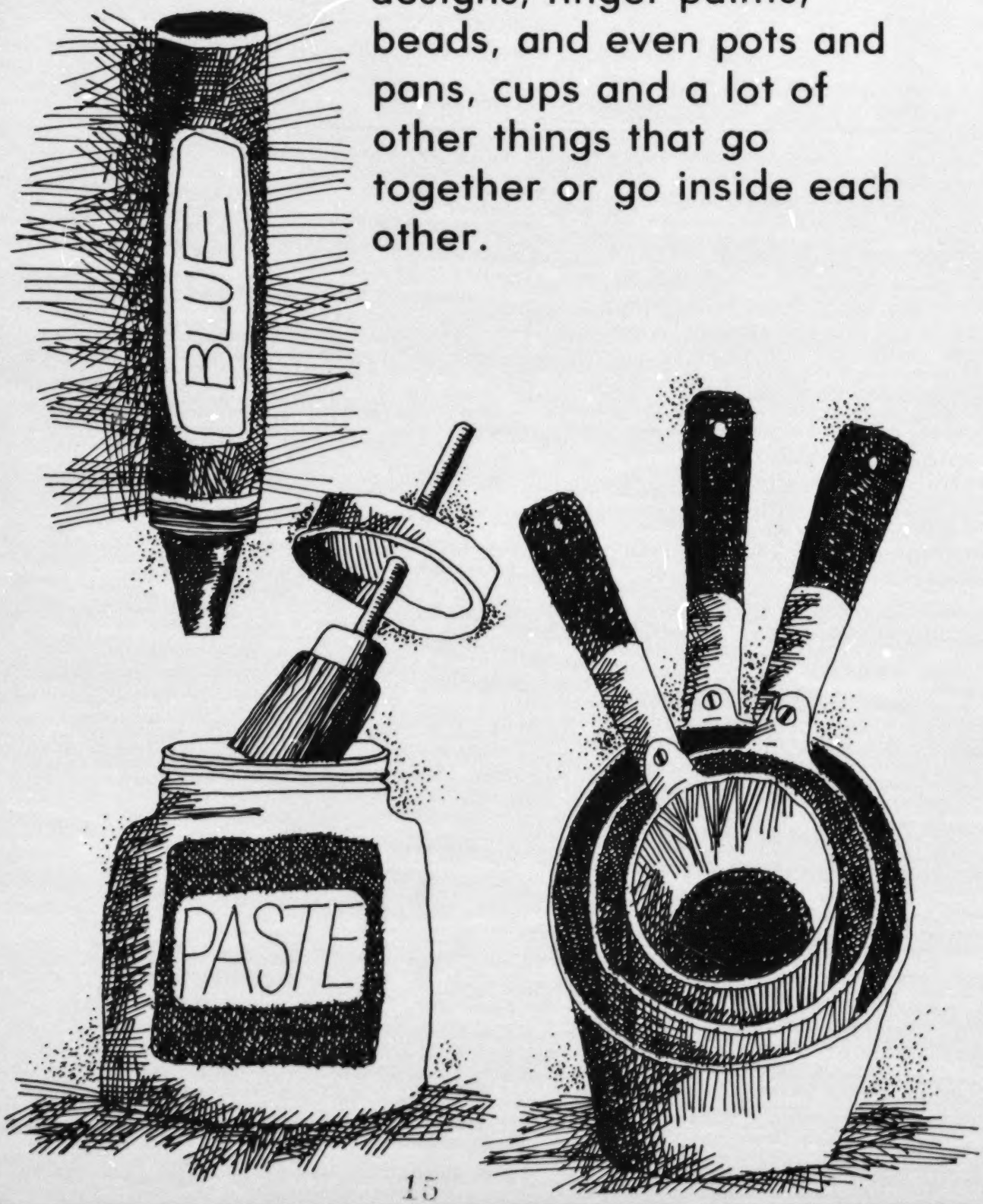
Put crayons away, too.

My friends say Big Muscle skills are important too.

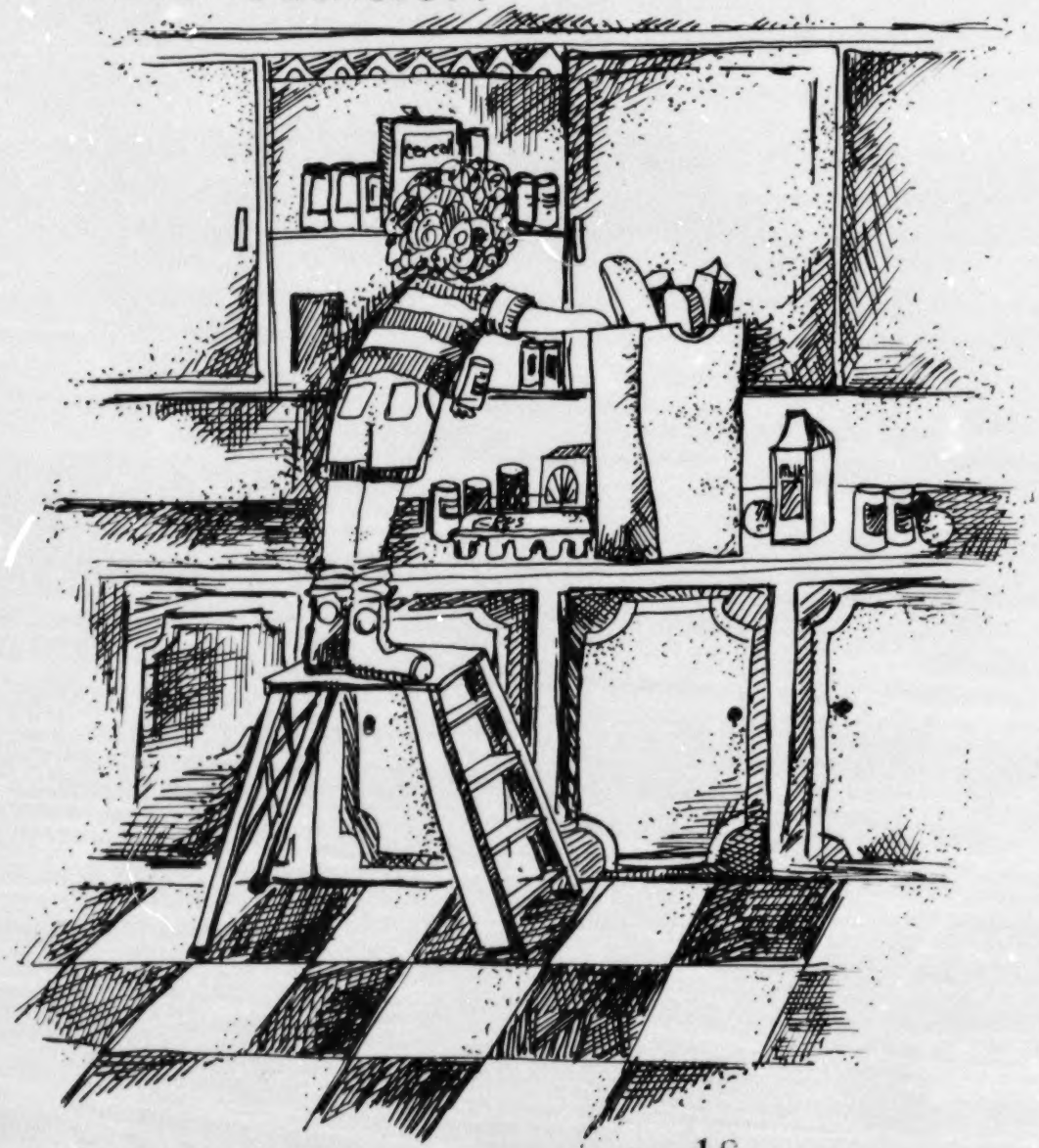
Some skills include ball catching, bean bags, jumping rope, climbing, running, balancing, sliding, judging distances, planning movements, and playing games.



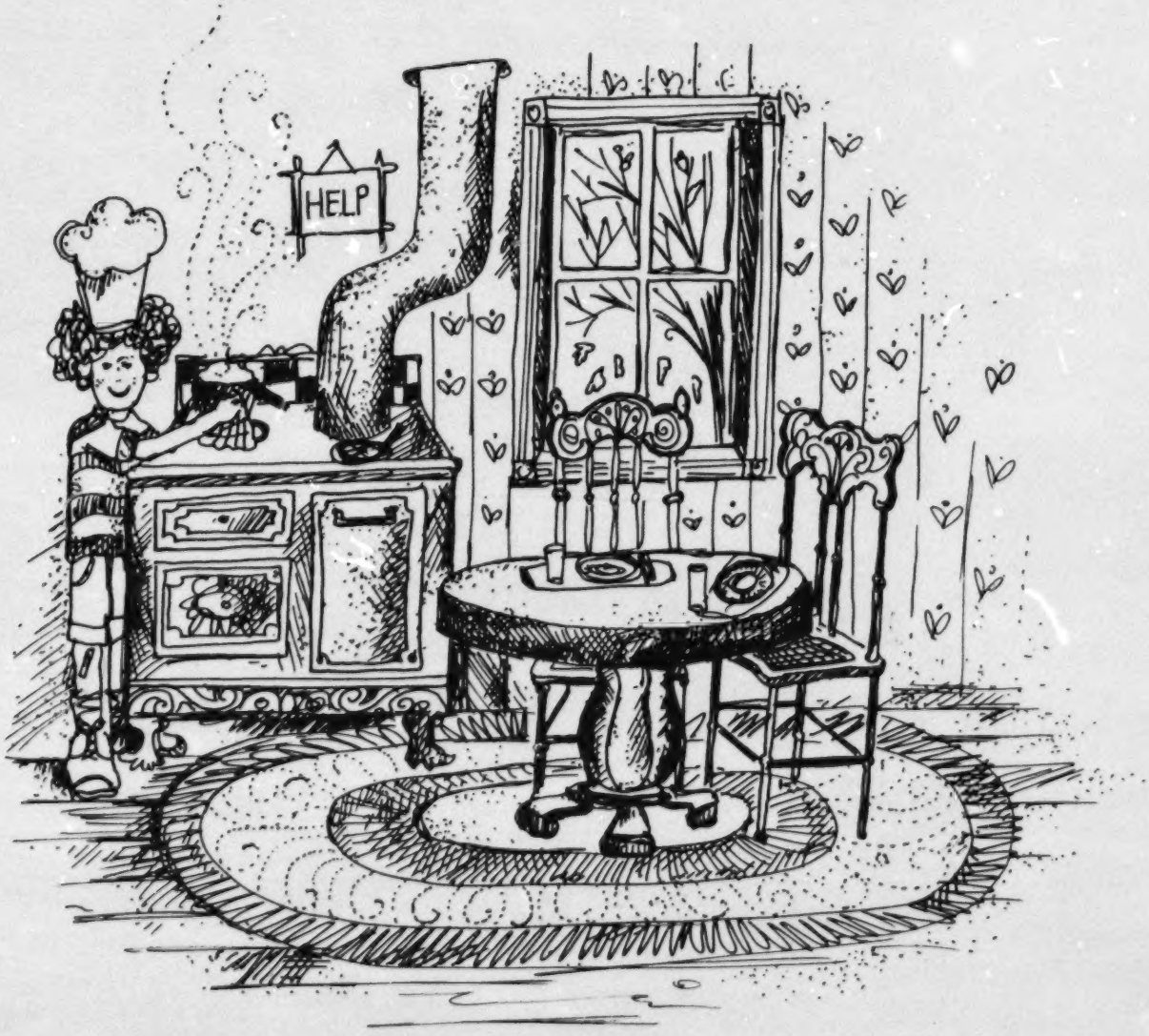
We practice INDOOR small muscle activities. We get to use crayons, clay, paste, block designs, finger paints, beads, and even pots and pans, cups and a lot of other things that go together or go inside each other.



We'll color, we'll trace, we'll copy, we'll sort colors, shapes, sizes, we'll compare — we'll find the ones that are alike and the ones that are different. We'll even pour from a pitcher to a glass! We'll sort laundry, we'll put away our groceries — we'll stack things by size and shape and color. We'll work and work — but you'll be ready for those teachers!!



Carrying packages,
Putting things away,
Sweeping,
Raking leaves,
Cooking,
Setting the table



Talk to Me!

Would you believe it?

Those teachers say you need
to be able to talk! They
call it language.

Who doesn't know the meaning of in, out,
next to, over, under, below,
between, etc.?

Take Me!

Take me to the
store, to the
park, to the
laundromat, to
the zoo, to the
moon!
So I'll have lots to
talk about.

Let me play with
other kids.

Listen to me!!

I'll surprise you.

Read to me!

Let me tell the story to you.

I, too, can make a complete sentence.

Ask me questions about the story, or the trips, or my day. Let me tell you what happened first, second, next, and why things happened too.

You can be sure that I am already learning about opposites. I also know about category groups, like bananas, apples, and pears are fruit.

It makes me feel good when someone listens to me.

Please look at me when I'm talking!

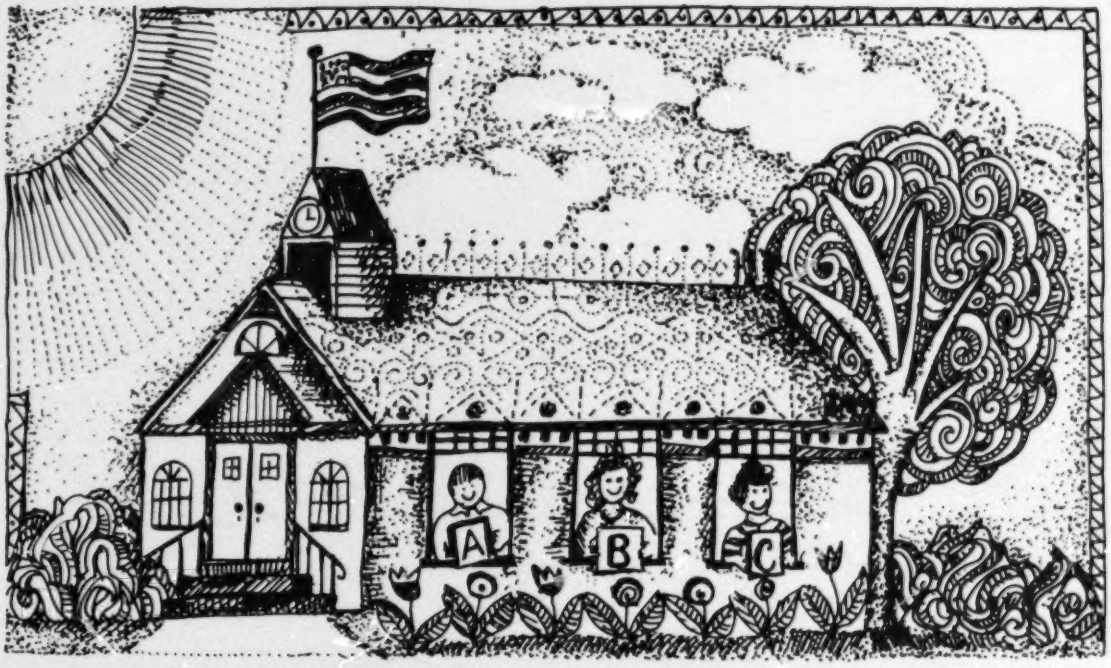
Think about what I'm saying!

Let's take turns talking with each other.

Thank you for answering all my questions briefly, patiently, and with such good humor. It encourages me to ask more questions and I learn so much that way.

Choose a good T.V. program for me,
then we can discuss it together.

"Hey Look!
I'm on Television."



Now, remember, all our advice and practice will be wasted if you don't go to school everyday possible.

School is a happy place to be!